Blue H - Navy Surgeon General's Health Promotion and Wellness Award

- 2010 Criteria for MSC Ships -

NMCPHC – 1 July 2009

What is it?

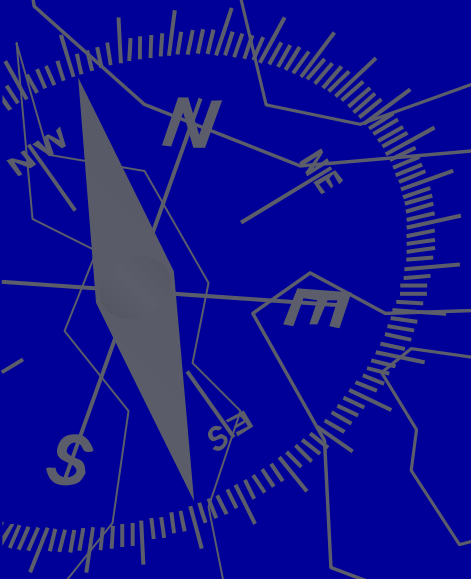
- Annual award for excellence in conduct of health, wellness and fitness activities and policies
- Awarded in Gold-Silver-Bronze since 1995
- Presently exists in 3 categories: Medical, Fleet and Semper Fit Center
- New category for MSC ships - launch January 2010

Why should MSC ships participate…?

- Measures
  - Conduct of evidence-based / best practice activities
  - Health documentation status of the crew
  - Return on investment – reduce crew illness, injury, absenteeism, presenteeism
- Enables MSC-wide comparison and analysis
- Recognition of efforts and best practices
  - Winners recognized in annual ceremony at NMCPHC Public Health Conference
  - Winners listed in annual Navy Surgeon General GENADMIN message
  - Winners receive pennant and annual streamer

Who is involved?

- Primary point of contact is the MSO
- Ship’s master
- Ship safety officer



How to participate

- Download spreadsheet and instructions
- Reporting period is the current calendar year
- E-mail completed spreadsheet to NMCPHC in Jan 2011

Success

- **BRONZE ANCHOR:**
  - **Every ship that submits a report will receive at least the BRONZE ANCHOR award.**
  - **Criteria topics are policy, drug and alcohol abuse prevention, injury prevention, nutrition, physical activity, psychological health, tobacco use, weight management and health maintenance.**
- **SILVER EAGLE:**
  - **To achieve the SILVER EAGLE level award, a ship must accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 50% of the <u>total</u> available points.**
- **GOLD STAR:**
  - **To achieve the GOLD STAR level award, a ship accumulate at least 50% of the total available points in <u>each</u> of the topic areas <u>and</u> must earn a minimum of 80% of the <u>total</u> available points.**

Get help

Bob MacDonald
Blue H Project Manager
Navy and Marine Corps Public Health Center
757-953-0974
DSN 377
mailto:Michael.r.macdonald@med.navy.mil

Blue H website is

http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx